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**Energize  
your day with  
breakfast**

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## **A Message for School Administrators**

FNS-152

U. S. Department of Agriculture  
Food and Nutrition Service

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The School Breakfast Program—a cooperative program of local, State and Federal governments—provides an opportunity for children to receive a nutritious breakfast at school. Administered nationally by the U.S. Department of Agriculture's Food and Nutrition Service, it is available to all public and nonprofit private schools of high school grade and under.

### **WHAT IS A SCHOOL BREAKFAST?**

It is a nourishing breakfast schools serve based on USDA nutrition standards. A school breakfast includes milk, vegetable juice or fruit juice or fruit or vegetable, and bread or cereal. Schools are also encouraged to serve protein-rich foods such as eggs, meat, fish, poultry, cheese and peanut butter as often as possible.

### **WHY BEGIN A BREAKFAST PROGRAM IN YOUR SCHOOL?**

Children who come to school hungry may find it difficult to stay alert and learn. The School Breakfast Program gives children a healthy send-off for the day's lessons. The program is also important in improving the nutrition and dietary practices of students.

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## **HOW CAN USDA'S FOOD AND NUTRITION SERVICE HELP YOU?**

**FNS provides:**

- Reimbursement for each breakfast served which meets prescribed minimum nutritional standards.
- Special cash assistance for breakfasts served to children who are eligible for free or reduced-price breakfasts.
- USDA-donated foods to participating schools.
- Technical assistance and guidance to aid in establishment and operation of the program.

## **WHAT MUST YOUR SCHOOL DO TO PARTICIPATE?**

**It must:**

- Operate food service on a nonprofit basis.
- Agree to serve the following in order to meet the minimum nutritional standards:

Milk

Vegetable juice or fruit juice or fruit or vegetable

Bread or cereal

- Offer a breakfast free or at a reduced price of 10 cents or less to any child with an income at or below the local eligibility criteria.
- Make breakfasts available to all children regardless of race, color, national origin, or inability to pay.

## **WHAT CAN YOU, THE SCHOOL ADMINISTRATOR, DO?**

As a school administrator, you have a great influence on the mental and physical health and well-being of your students. Why not consider a School Breakfast Program? With minor adjustments to existing scheduling of food service personnel, many National School Lunch Program schools find that they can easily manage to participate in the School Breakfast Program without having to hire additional help or make special equipment purchases. If your school is not participating in any child nutrition programs, the School Breakfast Program can be initiated with very little equipment and labor.



For more information, contact:

In Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont: **U.S. Department of Agriculture; Food & Nutrition Service; New England Regional Office; 33 North Avenue; Burlington, Massachusetts 01803;**

In Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Puerto Rico, Virginia, Virgin Islands, and West Virginia: **U.S. Department of Agriculture; Food and Nutrition Service; Mid-Atlantic Regional Office; One Vahlsing Center; Robbinsville, New Jersey 08691;**

In Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee: **U.S. Department of Agriculture; Food and Nutrition Service; Southeast Regional Office; 1100 Spring Street, N.W.; Atlanta, Georgia 30309;**

In Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin: **U.S. Department of Agriculture; Food and Nutrition Service; Midwest Regional Office; 536 South Clark Street; Chicago, Illinois 60605;**

In Arkansas, Louisiana, New Mexico, Oklahoma, and Texas: **U.S. Department of Agriculture; Food and Nutrition Service; Southwest Regional Office; 1100 Commerce Street, Room 5-D-22; Dallas, Texas 75202;**

In Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, and Wyoming: **U.S. Department of Agriculture; Food and Nutrition Service; Mountain Plains Regional Office; 2420 W. 26th Avenue, Room 430D; Denver, Colorado 80211;**

In Alaska, American Samoa, Arizona, California, Guam, Hawaii, Idaho, Nevada, Oregon, Trust Territory, and Washington: **U.S. Department of Agriculture; Food and Nutrition Service; Western Regional Office; 550 Kearny Street, Room 400; San Francisco, California 94108.**